

October 2019

Lunch

Salisbury Central School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<ul style="list-style-type: none"> • Beef Taco • Lettuce, Tomato & Salsa • Shredded Cheese • Steamed Rice w/ Black Beans • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Turkey & Cheese Sandwich Yogurt Plate Salad Bar	<ul style="list-style-type: none"> • Chicken Tenders with Whole Wheat Dinner Roll • Mashed Potato • Steamed Carrots • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Ham & Cheese Sandwich Yogurt Plate Salad Bar	<ul style="list-style-type: none"> • Macaroni & Cheese • Roasted Vegetables • Dinner Roll • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Turkey & Cheese Sandwich Yogurt Plate Salad Bar	<ul style="list-style-type: none"> • Bosco Sticks with Marinara Sauce • Romaine Salad • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Vegetable Sandwich Yogurt Plate Salad Bar
7	8	9	10	11
<ul style="list-style-type: none"> • Chicken Patty on a Whole Wheat Roll • Potato Wedges • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Unflavored Milk Alternate Meal Choices Specialty Sandwich Tuna Sandwich Yogurt Plate Salad Bar	<ul style="list-style-type: none"> • Beef Nacho Grande w/ Cheese • Lettuce, Tomato & Salsa • Refried Beans • Steamed Corn • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Turkey & Cheese Sandwich Yogurt Plate Salad Bar	<ul style="list-style-type: none"> • WW Spaghetti with Meat Sauce • Whole Grain Bread Stick • Garden Salad • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Ham & Cheese Sandwich Yogurt Plate Salad Bar	<ul style="list-style-type: none"> • Popcorn Chicken Bowl with Mashed Potato • Gravy • Whole Kernel Corn • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Turkey & Cheese Sandwich Yogurt Plate Salad Bar	<ul style="list-style-type: none"> • Bosco Sticks with Marinara Sauce • Spinach Salad • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Vegetable Sandwich Yogurt Plate Salad Bar
14	15	16	17	18
Columbus Day - No School Alternate Meal Choices	<ul style="list-style-type: none"> • French Toast with Syrup • Sausage Links • Hash Brown Potato • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Turkey & Cheese Sandwich Yogurt Plate Salad Bar	<ul style="list-style-type: none"> • Chicken & Cheese Quesadilla • Peppers & Onions • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Ham & Cheese Sandwich Yogurt Plate Salad Bar	<ul style="list-style-type: none"> • Hamburger on a Bun or Cheeseburger on a Bun • Lettuce & Tomato • Potato Wedges • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Turkey & Cheese Sandwich Yogurt Plate Salad Bar	<ul style="list-style-type: none"> • Wild Mike's Cheese or Pepperoni Pizza • Garden Salad • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Vegetable Sandwich Yogurt Plate Salad Bar
21	22	23	24	25
<ul style="list-style-type: none"> • Macaroni & Cheese w/ Popcorn Chicken • Roasted Vegetables • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Tuna Sandwich Yogurt Plate Salad Bar	<ul style="list-style-type: none"> • Beef Taco • Shredded Cheese • Lettuce, Tomato & Salsa • Mexican Rice • Steamed Corn • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Turkey & Cheese Sandwich Yogurt Plate Salad Bar	12:10 Dismissal Ham & Cheese Sandwich or Sunbutter and Jelly Sandwich <ul style="list-style-type: none"> • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices	12:10 Dismissal Turkey & Cheese Sandwich or Sunbutter and Jelly Sandwich <ul style="list-style-type: none"> • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices	<ul style="list-style-type: none"> • Bosco Sticks with Marinara Sauce • Romaine Salad • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Vegetable Sandwich Yogurt Plate Salad Bar
28	29	30	31	
<ul style="list-style-type: none"> • Chicken Tenders with Whole Wheat Dinner Roll • Mashed Potato • Steamed Carrots • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Tuna Sandwich Yogurt Plate	<ul style="list-style-type: none"> • Nacho Grande with Beef or Chicken w/ Cheese • Lettuce, Tomato & Salsa • Refried Beans • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Turkey & Cheese Sandwich Yogurt Plate	<ul style="list-style-type: none"> • Hot Dog on WW Hamburger Roll • Baked Beans • Garden Salad • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Unflavored Milk Alternate Meal Choices Specialty Sandwich Ham & Cheese Sandwich Yogurt Plate Salad Bar	<ul style="list-style-type: none"> • Chicken Teriyaki Nuggets • Steamed Rice • Roasted Vegetables • Assorted Veggie Cups • Assorted Fruit Cups • 1% Low Fat Milk • Fat Free Milk • Fat Free Chocolate Milk Alternate Meal Choices Specialty Sandwich Turkey & Cheese Sandwich Yogurt Plate Salad Bar	